



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas  
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The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and by State agencies with TN grant funding, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

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***USDA awards 21 States with the 2003 Team Nutrition Training Grant***

Through a competitive process, USDA awarded 21 State agencies with 2003 TN Training Grants for the period of Sept 30, 2003 to Sept 30, 2005. Funds will assist State agencies in achieving the TN goal of improving children's lifelong eating and physical activity habits using Team Nutrition's three behavior-focused strategies in schools, childcare centers and homes, and the community environment with a variety of approaches. These include:

- Providing training and technical assistance to foodservice professionals to enable them to prepare and serve nutritious meals that appeal to students;
- Targeting children participating in the Summer Food Service Program;
- Emphasizing one or more of the six components defined in USDA's Changing the Scene resource kit;
- Working closely with the CDC funded Coordinated School Health Program in their respective states;
- Providing mini grants to local schools to assist their efforts in promoting healthy eating and physical activity
- Collaborating with other organizations to achieve the goals and objectives of the grants.

To find out more about what each of these 21 State agencies' plans for the 2003 TN grants, visit USDA's TN website at <http://www.fns.usda.gov/tn/Grants/tnt03.html>

***Nine Alaskan communities will soon receive TN mini grants to implement good nutrition policies in their local schools***

Pizza, chicken wings, nachos supreme? What are the school lunch menus teaching Alaska's kids? Healthy eating is an important life skill that many children aren't learning. What can Alaska schools do about the current epidemic of overweight and sedentary lifestyles? Nine Alaska communities are answering this question. They are part of a grant from Alaska's 2002 TN Training Grant to create and implement school nutrition policies. The Alaska Department of Education Child Nutrition Services is working with these communities to take steps toward creating healthy school nutrition environments. For more information regarding plans for these 9 communities, visit the Web site at <http://www.childnutrition.akstate.us/default.asp?page=News>. Also visit AK's Team Nutrition Web site located at <http://www.childnutrition.akstate.us/default.asp?page=tnt>

### ***A Menu of Options for Creating Healthful School Nutrition Environments in North Carolina***

Through a USDA 2002 Team Nutrition Training Grant, the North Carolina Nutrition Education and Training Program and the School Nutrition Action Committee have developed the following training modules that are related to the school nutrition environment:

- Soft Drinks and School Age Children: Trends, Effects, Solutions – this kit provides a planned approach to address the issue of soft drinks in schools. The kit is full of strategies and resources to help school to enhance their nutrition environment. The kit and materials will be available soon at USDA's TN Healthy School Nutrition Environment Web site at <http://www.fns.usda.gov/tn/Healthy/index.htm>
- Food for Thought: Making the Grade Through Healthful Eating – finding time to teach healthy eating and physical activity is often difficult. "Food for Thought" integrates the Healthful Living nutrition objectives from the North Carolina Standard Course of Study into objectives for math, language arts, and science in order to maximize time spent teaching. Learning these subjects in the context of nutrition allows for practice of the math, language arts and science skills in a practical and meaningful manner for students. The "Food for Thought" is divided into nine modules. Each module is based on a Dietary Guideline for Americans. Within each module is a colorful activity sheet for each grade K-5 and supporting materials including: black line masters for handouts and worksheets; expanded lesson plans; background reading; and delicious and nutritious recipes. The curriculum will be available soon at USDA's TN Healthy School Nutrition Environment Web site <http://www.fns.usda.gov/tn/Healthy/index.htm>
- Winner's Circle: Where Nutritious meets Delicious - The Winner's Circle Healthy Dining Program<sup>sm</sup>, in response to the shift in patterns of eating away from home and the increasing prevalence of obesity and overweight among North Carolina adults and youth, was developed based on the Dietary Guidelines for Americans. Specifically, the Winner's Circle program aims to increase access, recognition, and demand for healthy foods in those places where individuals are most likely to eat away from home: restaurants, school cafeterias, worksite cafeterias, vending machines, convenience stores, and many other types of venues. More information regarding the Winner's Circle will be available soon at USDA's TN Healthy School Nutrition Environment Web site at <http://www.fns.usda.gov/tn/Healthy/index.htm>



- 5 A Day and School Age Children: Trends, Effects, Solutions – this kit provides a planned approach to address the issue of fruit and vegetable consumption in schools. It contains strategies and resources to help schools to improve their nutrition environment. The kit includes a power point presentation and supporting materials such as 5 a Day ideas in the classroom, cafeteria, salad bars in school, school garden, 5 a Day taste testing, and many more. The kit will be available soon at USDA's TN Healthy School Nutrition Environment Web site at <http://www.fns.usda.gov/tn/Healthy/index.htm>
- Portion Sizes and School Age Children: Trends, Effects, Solutions – this kit provides a planned approach to address the issue of portion sizes in schools. The kit includes a power point presentation and supporting materials such as portion sizes, policy consideration, portion distortion, bigger may not be better, just say no to super size, and many more. The kit will be available soon at USDA's TN Healthy School Nutrition Environment Web site <http://www.fns.usda.gov/tn/Healthy/index.htm>

### ***News from the Healthy School Meals Resource System (HSMRS)***

September is National Food Safety Month. The 2003 theme is “Store it Don't Ignore It”. Click <http://schoolmeals.nal.usda.gov/Safety/index.html> for more information. Included in this section is how to get resources including downloadable posters and checklists. There are also links to several other groups including “Resources from States” and several government organizations for the most up to date information in the area of food safety.

Also new in Food Safety is the updated Resource List on Food Safety and Sanitation for School Food Service Professionals. This resource list is compilation of resources; including books, reports, web sites, databases and more for foodservice professional to locate reliable, and current information. This resource list, along with others in the Food Service Series can be found online at: [http://www.nal.usda.gov/fnic/pubs\\_and\\_db.html#q9](http://www.nal.usda.gov/fnic/pubs_and_db.html#q9).

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**About USDA's Team Nutrition** - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide **training and technical assistance** to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated **nutrition education** for children, their parents, and other adults who influence children's behavior; and 3) build **school and community support** to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://www.fns.usda.gov/tn>

What is New on USDA's Team Nutrition Web site? – Check it out at <http://www.fns.usda.gov/tn/New/index.htm>